

**LOLO ELEMENTARY LUNCH MENU- OCTOBER 2005**  
**This Menu Meets the HealthierUS School Challenge Gold Criteria**

Monday	Tuesday	Wednesday	Thursday	Friday
Chili/Crackers-1 cup Shredded Cheese Salad/Dressing-½ cup Cantaloupe- 4.5 oz 7 Grain Muffins-1 each Milk  3	Beef Barley Soup -1 cup Crackers Fresh Carrot Sticks- ½ cup Mandarin Oranges- ⅓ cup Annie Jones Apple Pudding- 1 each Milk  4	Sloppy Joes- ½ cup Honey Wheat Rolls-2 oz Green Peas-½ cup Fresh Orange- 1 each Ice Cream -½ cup Milk  5	Super Nachos with Sour Cream/Salsa/Sliced Olives/Fresh Tomatoes Refried Beans/Cheese-½ cup Corn-½ cup Whole Wheat Gingerbread with Whipped Topping Milk 6	Turkey Wrap on a Whole Wheat Flour Shell Spinach Salad-1 cup Grapes-½ cup Jello/ Whip Topping-½ cup Milk  7
Chicken Nuggets-5 pieces Ranch or BBQ Sauce Brown Rice Pilaf-½ cup Peas and Carrots-½ cup Cantaloupe-4 ½ oz Milk  10	Confetti Quesadillas/ Whole Wheat Flour Shell -1 each Green Salad-½ cup Mexi Tots -½ cup Watermelon-½ cup Whole Wheat Cinnamon Cookie-1 each 11	Whole Wheat Pepperoni Pizza-1 each Spinach Salad-1 cup Grapes-½ cup Chocolate Cake Milk  12	Whole Wheat Dippers-2½ oz Meat Sauce- ½ cup Romaine Salad- 1 cup Apple-1 each Gold Bars-1 each Milk 13	Chicken and Rice-1 cup Stir Fried Veggies-½ cup Fresh Orange-1 each Oat and Nut Cookie Milk  14
Spaghetti/Meat Sauce- ¾ cup Grandmas Oatmeal Bread Green Beans-½ cup Cantaloupe-4 ½ oz Milk  17	Navy Bean Soup - 1 cup Caesar Salad-½ cup Peaches-½ cup Whole Wheat Cinnamon Roll -1 each Milk 18	Taco Meat- 4 oz Lettuce-½ cup Sour Cream/Salsa/Olives/Chips Brown Rice/Salsa/ Beans-½ cup Fresh Orange-1 each Whole Wheat Sugar Cookie Milk 19	No School	No School
Whole Wheat Weiner Wrap- 1 each Baked Beans-½ cup Coleslaw-½ cup Banana- 1 each Milk 24	Turkey and Gravy-1 cup Mashed Potatoes-½ cup Lima Beans-½ cup Fresh Orange-1 each Whole Wheat Pumpkin Spiced Muffin-1 each Milk 25	Meatballs and Gravy-3 oz Baked Potato-½ cup Broccoli-⅓ cup Whole Wheat Cinnamon Bread-2 oz Milk 26	Whole Wheat Dippers-2½ oz Meat Sauce-½ cup Green Salad -1 cup Grapes-½ cup Gold Bar-1 each Milk 27	Grilled Cheese Sandwich- 1 each Relish Cup-½ cup Peaches-⅓ cup Whole Wheat Sugar Cookie -1 each Milk 28
Chicken Patty on a Whole Wheat Roll Baked Beans-½ cup Cantaloupe-4½ oz Old Fashioned 7-Grain Whole Wheat Cookie Milk 31	Beef Barley Soup-1 cup Crackers Fresh Relish Cup-½ cup Mandarin Oranges-⅓ cup Annie Jones Apple Pudding- 1 each Milk 1	Whole Wheat Dippers-2½ oz Meat Sauce-1/2 cup Green Salad -1 cup Grapes-1/2 cup Gold Bar-1 each Milk 2	*Choice of skim, 1% and 2% Milk Served Daily	